

May 2013 - June 2013

<p>Monday</p>	<p>9.15am—10.30am</p> <p>Music for Under 5's</p> <p>Music and Play Session</p> <p>Come and make new friends, sing songs and play.</p>	<p>Monday 13th May 2013</p> <p>Sleep Workshop 11am—12pm For babies 7 months+</p> <p>Come along for tips and support with sleep routines. Please book a place.</p> <p>Weaning Workshop 11am—12pm</p> <p>Are you thinking about starting to wean? Come along for support and practical tips. Please book a place. Monday 17th June 2013</p>	<p>Starting Monday 3rd June 2013</p> <p>Post Natal Support Group</p> <p>11.30am—12.30pm</p> <p>For new mums to make new friends, share common experiences and have fun with your baby.</p> <p>Drop-In session</p>	<p>Mon. 10th June—1st July 2013</p> <p>Baby Moves - 4 week course 1.30pm—2.30pm</p> <p>For babies aged 4 to 12 months Movement, sensory and music session</p> <p>Please book a place</p>
<p>Tuesday</p>	<p>9.15am—10.30am</p> <p>Baby Weighing Clinic and Play Session</p> <p>Get your baby weighed, stay for a play and meet new friends.</p>	<p>10.00am—11.30am</p> <p>Breastfeeding Support Group</p> <p>Pop in for a cuppa, a chat and meet Mums-to-be and breastfeeding Mums. Support and guidance is available from an NCT Breastfeeding Counsellor.</p>		<p>1.30pm—3.00pm</p> <p>Play & Learn: Messy Play</p> <p>For children under 5 years Dress for Mess!</p> <p>Explore paint, playdough and lots more</p>
<p>Wednesday</p>	<p>Wed. 5th June—Wed. 3rd July 2013 9.30am—10.15am</p> <p>Mini Movers for 18months—5 years 5 week course @ St Martins Church Movement and Dance Session</p> <p>Please book a place.</p>	<p>9.30am—11.30am</p> <p>Home-based Childcarers. A Messy Play Session for Childminders and Nannies</p> <p>(Please note: All children attending this session must be registered with the Children's Centre. Forms available at reception)</p>	<p>1.00pm—2.45pm</p> <p>Maple Midwives Drop -In</p> <p>Pop in to see your midwife for support and guidance</p>	<p>1.30pm—3.00pm</p> <p>Sensory Play Session for Under One's</p> <p>Introduce your baby to new sights, sounds and sensory experiences.</p> <p>For babies under 1 year.</p>
<p>Thursday</p>		<p>10.30am—12.00pm</p> <p>Baby Massage Session Please speak to your health visitor for more information</p> <p>- by referral only.</p>	<p>12.30pm—2.00pm</p> <p>Young Parents Lunch Club</p> <p>For parents under 25 years and their children to eat lunch and play together</p>	<p>2.15pm—3.00pm</p> <p>Toddler Messy Play</p> <p>For Walkers—upwards Explore playdough, paint etc Dress for mess!!</p>
<p>Friday</p>	<p>9.15am—10.15am</p> <p>Music for Under 5's* or Soft Play* @ Lorraine Infant School Come and make new friends, sing songs and play. * please see reverse for details.</p>	<p>9.45am—10.45am</p> <p>Stage 2 Sing & Sign For babies who have completed Stage 1</p> <p>(Term Time Only) Register your interest for the next available course.</p>	<p>10.45am—11.45am</p> <p>Stage 1 Sing & Sign Baby signing for children aged 6—14 months.</p> <p>Babies learn signs to support their speech and language development. (Term Time Only) Register your interest for the next available course.</p>	<p>Friday 19th April—Friday 17th May 2013 1.45pm—2.45pm</p> <p>Mini Explorers 2 1/2 years to 5 years</p> <p>Come and be a Nature Detective, explore our Forest Walk in the School Grounds. This is a muddy session, wellies and warm, wet weather clothes are a must!! (Term Time Only) Please book a place.</p>

Maple Midwives Ante-Natal Workshops

On the 2nd and 3rd Saturday of each month

9.45am—4.30pm

Please contact the Midwives to book your place

Email: fph-tr.MapleAntenatal-Workshops@nhs.net

Music for Under 5's or Soft Play at Lorraine Infant School

Please note that these sessions will run on alternate weeks
as follows:

Music: 10th May, 24th May, 7th June, 21st June, 5th July

Soft Play: 3rd May, 17th May, 31st May, 14th June, 28th June, 12th July

Mobile Phones.

To protect the privacy of children and to ensure that your children are fully supervised, mobile phones & camera phones are not to be used whilst you are in the Children's Centre.

However, they may be used in an emergency.

Please note:

If you are attending the Children's Centre for the first time, you will need to complete a registration form.

What's On ... May-June 2013

Federation of Pine Ridge Infant and Nursery School
and Lorraine School and Nursery

Pine Ridge



A SureStart Children's Centre



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